

DEVELOPING INDIGENOUS PSYCHOLOGY IN DISASTER MITIGATION:

Reflection on the Application of Indigenous-Trauma Healing
to the Victims of Mount Merapi Eruption, Indonesia, 2010

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ABSTRACTION

From the list of 229 countries vulnerable to natural disaster, Indonesia is among the top 10 countries. This Maplecroft's Natural Disaster Risk Index (England) is based on data of disasters happening from 1980 until 2010. The data includes various indicators, including the total and frequency of the disasters, total casualties of the disasters, and the ratio between the casualties and the nation's total population. Disasters here include earthquakes, volcanic eruptions, tsunamis, typhoons, floods, droughts, landslides, heat waves, and epidemic diseases. For this, Indonesia has lost more than 220 thousand people in the last three decades.

It is important to note that the potential severity of the natural disaster on each country is worsened by the high rate of poverty and weak management of the government. These result in the double burden for the victims: the problems of poverty and the problems of destructive impacts, such as casualties, material losses, damage on infrastructures and social relationships, as well as physical and psychological disorder, causing a trauma among the society. According to Green (2004), failure in coping and adapting towards traumatic experiences will invoke huge, long-termed, and irreversible snowball effects towards the physical aspects of individuals, as well as the aspects of behavior, emotional, psychological, even the psychosocial aspects in form of social deprivation. At this point, the crucial issue is the model selection for trauma treatment for the disaster victims.

Responding the issue, the researcher will explore further about the roles of indigenous psychology which is proven as an effective and efficative solutions in handling the trauma of victims of Mount Merapi eruption in Indonesia by the end of 2010. Facts show that the strength of local values, customs, traditions, cultures, beliefs, and religions, which are grown on the thinking and behavior pattern of Indonesians, significantly explain the importance of paying attentions towards the social-cultural time and space contexts in determining the model of trauma therapy. Here, studies of indigenous psychology find their relevance.

In the case of Merapi, the researcher will elaborate the details of Javanese Psychology as well as the application of Javanese Model Trauma Healing, which root is in the local cultures. This empiric study is expected to diaspora the noble values of Javanese Psychology as well as give inspirations to developing the indigenous psychology in different contexts. Doing such will make the study flourishes in academic field as well as be capable in handling the emerging contemporary problems.

Keywords:

• Indigenous Psychology • Disaster Mitigation • Javanese Psychology • Javanese Model Trauma Healing

DEVELOPING INDIGENEOUS PSYCHOLOGY IN DISASTER MITIGATION

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Key words: Indigenous Psychology, Disaster Mitigations, Javanese Psychology, Javanese Model Trauma Healing

INDONESIA,

- there are 83 active volcanoes, and 16 of them are located in Java
- Among the top 10 countries vulnerable to natural disaster.
- Lost more than 220.000 people (1980-2010)

WHAT IS DISASTER?

WHO define disaster as an event which happens in area causing ecological damage, loss towards human lives and the worsening health and the disappearance of health services, therefore it is in great need of an external help"

UNHCR has defined disaster as:

"A dangerous event in area which causes losses, suffering and uncountable material losses"

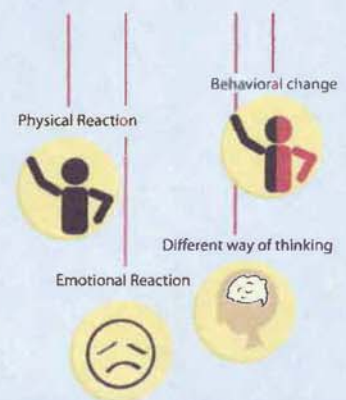
THE INDICATORS ARE:

- The total frequency of disaster
- Total casualties of disaster
- The ratio between the casualties and the nation's total population

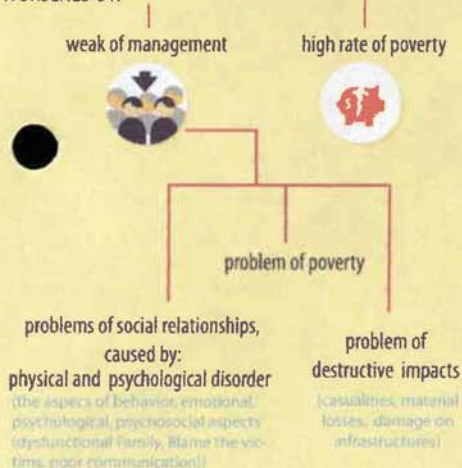
THE DISASTERS INCLUDE



NORMAL Reaction in ABNORMAL Situation



THE POTENTIAL SEVERITY OF THE NATURAL DISASTERS ARE WORSENER BY:



THE CRUCIAL ISSUES

"The Model for trauma treatment for the disaster victims"

Psychological Assessment of Post Trauma

- ▶ No psychological assessment tools that are of high validity and reliability for assessing the local people.
- ▶ Most tools are developed in the context of western culture, which may not be valid for local people due to differences in culture and social context.
- ▶ Local groomed tool of assessment is on the process of validation, which may not be sensitive to all types of trauma
- ▶ A wide variety of victims & survivors in terms of age, education, gender, religions and other aspects. There is a possibility the traumatic experiences would be very different from one category to another category.
- ▶ The sensitivity of instruments for assessment may not be the same for different level of trauma.
- ▶ The number of professionals who has sufficient knowledge & skill for assessing the trauma is insufficient due the extensive damage caused by the quakes which hit a very large area of high density of population

"Studies of indigenous psychology"

Main purposes of psychological intervention after disaster/Post Trauma Intervention

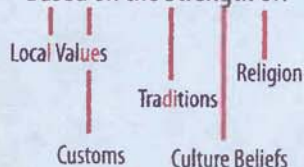
- ▶ Making their feeling to be vented; making them more relaxed
- ▶ Mitigate the possibility of developing post-traumatic stress disorder (eg. By employing Critical Stress Incident Debriefing)

Philosophy of Intervention

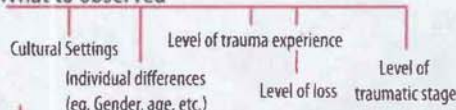
- ▶ Helping them to overcome their own problems (Living in a tent or temporary houses, rebuild their self confidence, and develop a "can do attitude" in order to restore their normal day to day activities).
- ▶ Balancing between physical, mental and spiritual life.
- ▶ Enhancing sense of community and sense of collectivism in rebuilding their normal life based on local wisdom.

Find their relevance (an effective + efficative solutions in handling the trauma of victims of mount merapi eruption in Indonesia 2010

Based on the Strength of:



What to observed



Post Trauma Intervention, Category of Intervention (Ancok, 2005)

- ▶ Fun Games, Supportive Therapy, Group therapy

Post Trauma Intervention, Level of Intervention (Ancok, 2005)

- ▶ Individual counseling, Individual psychotherapy

"JAVANESE MODEL OF TRAUMA HEALING"

References:

Pudjibudojo, Jatie K. & Simon. 2006. Psychological Impacts of Disaster Towards Family. Surabaya : University of Surabaya

Ancok, D. 2005. Disaster Preparedness: Psychological Strategy Indonesian Experience. Yogyakarta: Gadjah Mada University



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TO WHOM IT MAY CONCERN

This is to certify that our institution of higher education, Faculty of Psychology Universitas Surabaya, in Surabaya, Indonesia has approved

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Our faculty member, to participate at Workshop on Psychological Intervention after Disasters Building Individual and Organizational Capacity for Psychological Intervention after Disaster in the Asia and Pacific Region, in Beijing-China commencing on October 11th until 14th 2013.

I certify that the information provided, hereby is correct.

Surabaya, September 30th 2013



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Surabaya of University

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